



# Commencement Bay Rowing Club Code of Conduct

As an athlete at the Commencement Bay Rowing Club (CBRC) I understand that my behavior and conduct is a reflection of the club at all times. I understand that it is a privilege and not my right to be a part of the team. By signing this I agree to the following code of conduct and understand that failing to comply will result in disciplinary actions that can include: my removal from a race line-up, my removal from all regattas until my behavior improves, or expulsion from the team indefinitely.

1. I understand that as a member of the CBRC Junior Team or Middle School team, my behavior is a reflection on CBRC and I will behave respectfully and responsibly.
2. I will be respectful of CBRC coaches, teammates, volunteers, chaperones, and other participants.
3. I agree to accept and carry out instructions of the CBRC coaches, volunteers, and chaperones and report any problems to a coach, volunteer, or chaperone.
4. I understand that as a member of the CBRC Junior Team or Middle School Club, I am only allowed to use the CBRC facility and equipment during regularly scheduled, coached practices, or regattas.
5. I will be respectful of other people's possessions and property and will refrain from activities that may damage either.
6. I understand that I am financially responsible for any damage I may cause when disobeying rules or instructions by CBRC coaches, regatta officials, volunteers or chaperones.
7. I agree to attend and participate in all scheduled practice and activities, and I agree to communicate scheduled and unscheduled absences from practice or events directly to my coach.
8. I understand that I cannot come to practice if I did not attend school or was sent home from school due to illness; I will contact my coach to communicate my absence from practice.
9. I understand that if I am sent home from practice or a team event due to a violation of the code of conduct, it will be at my/my parents' expense.
10. I understand that **ANY** of the following acts are strictly prohibited and will lead to immediate disciplinary action:
  - Commission of a felony
  - Possession or use of any dangerous weapon or object
  - Physical or sexual assault; physical, sexual or emotional intimidation of another person, including:
    - i. Bullying: an intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behaviors that are intended to or have the potential to cause fear, harm, or humiliation
    - ii. Harassment: a repeated pattern of physical and/or non-physical behaviors that are intended to cause fear, humiliation, degradation or create a hostile environment
    - iii. Hazing: coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for joining a group or being socially accepted by a group's members
    - iv. Emotional Misconduct, including verbal or physical acts, or online activity
    - v. Physical Misconduct, including contact or non-contact conduct
    - vi. Sexual Misconduct, including sexual assault, sexual harassment, sexual abuse, or any other sexual intimacies (including online activity) that exploit or threaten an individual
  - Use, consumption, buying, selling or giving away of alcohol, drugs (including prescription drugs for other than their intended purpose by the patient)
  - Theft, including improper possession of equipment belonging to CBRC, an adult, a teammate or member of another team



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- Destruction or defacing of property
- Immoral or disruptive conduct, including disobedience of reasonable instructions of crew authorities

11. **Social Networking:** CBRC athletes who access social networking sites (Facebook, MySpace, Twitter, SnapChat, etc.) should act responsibly and show respect for the rights and feelings of others. Gossip, insults, and libelous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches or CBRC are strictly prohibited. Threatening or harassing statements or pictures are also prohibited. Athletes should exercise appropriate discretion when using social networks for personal communications with the knowledge that behavior on social networks may result in disciplinary action.

12. I understand that **any** individual's failure to abide by these rules can jeopardize the entire group's participation.

**I understand this code of conduct and I understand that failure to abide by its rules may result in disciplinary action, including suspension or expulsion from participation in practices and regattas.**

Printed Name of Participant:

Participant's Signature:

Printed Name of Parent (if participant is under 18):

Parent's Signature (if participant is under 18):

Date: